

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

To determine the effect of diet and consuming a traditional Iranian medicine syrup or honey and vinegar (Sekanjebin) in preventing anxiety and depression in post CABG patients: a randomized clinical trial

Protocol summary

Summary

The objective of this study is to evaluate the effectiveness of observing diet and consuming two traditional herbal drugs in decreasing depression symptoms in people who has gone under CABG (Coronary Artery Bypass Graft) operation. In this study patients who refer to Motahari clinic, which is under observe of Shiraz University of Medical Sciences, with coronary artery disease who has undergone CABG operation, after filling informed consent form, are divided by simple randomization into 3 groups of 30 patients (first group: observing diet and consuming a traditional Iranian medicine syrup, second group observing diet and consuming Sekanjebin syrup, third group: control). These drugs are the same in shape and packing, and patients and researchers are blinded to the study (double blind study). Inclusion criteria of this study is CABG operation; and exclusion criteria is positive past history of anxiety and depression disorder under treatment and current usage of antidepressant and anti-anxiety drugs. The traditional Iranian medicine syrup which contains rosewater, saffron and eglantine; and sekanjebin syrup consumes as 3 glasses per day for 4 weeks. All 3 groups will be evaluated by Beck anxiety and depression questionnaire before the study and at the end of 4 weeks. Primary outcome is the degree of decrease in depression and anxiety symptoms, and the secondary outcome is the amount of decrease in antianxiety chemical drug usage at the end of the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015030921386N1**

Registration date: **2015-11-25, 1394/09/04**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-11-25, 1394/09/04

Registrant information

Name

Mohaddese Ostovar

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3635 6781

Email address

ostovarm@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-Chancellery of Research and Technology at Shiraz University of Medical Science

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To determine the effect of diet and consuming a traditional Iranian medicine syrup or honey and vinegar (Sekanjebin) in preventing anxiety and depression in post CABG patients: a randomized clinical trial

Public title

To determine the effect of diet and consuming a traditional Iranian medicine syrup or honey and vinegar (Sekanjebin) in preventing anxiety and depression in post CABG patients: a randomized clinical trial

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion: CABG operation exclusion: positive past history of anxiety disorder under treatment; positive past history of depression under treatment; current usage of antidepressant and anti-anxiety drugs

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 90

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary IDs

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Medical Ethics Committee of Shiraz University of Medical Science

Street address

department of medical ethics and philosophy of health, 9th floor, school of medicine

City

Shiraz

Postal code

Approval date

2012-08-30, 1391/06/09

Ethics committee reference number

CT-P-91-3601

Health conditions studied

1

Description of health condition studied

anxiety and depression in post CABG patients

ICD-10 code

197.9

ICD-10 code description

Postprocedural disorder of circulatory system, unspecified

Primary outcomes

1

Description

anxiety and depression

Timepoint

before intervention and 4 weeks following end of intervention

Method of measurement

Beck Depression Score

Secondary outcomes

1

Description

amount of anti-anxiety and antidepressant drugs

Timepoint

4 weeks

Method of measurement

questionnaire

Intervention groups

1

Description

first group: observing diet and consuming 3 glasses per day of a traditional Iranian medicine syrup after CABG for 4 weeks that will be evaluated by Beck questionnaire before the study and at the end of 4 weeks

Category

Treatment - Drugs

2

Description

second group of intervention: consuming 3 glasses per day of honey and vinegar (Sekanjebin) syrup after CABG for 4 weeks that will be evaluated by Beck questionnaire before the study and at the end of 4 weeks

Category

Other

3

Description

third group (control group): will be evaluated by Beck questionnaire before the study and at the end of 4 weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Motahari Clinic

Full name of responsible person

Mohadeseh Ostovar

Street address

Namazi square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical science, Vice-Chancellor of Research

Full name of responsible person

Dr.Hashemi S. Basir

Street address

Shiraz University of Medical Sciences, 7th floor, Zand Blvd.

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz University of Medical science, Vice-Chancellor of Research

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Ostovar

Full name of responsible person

Mohadeseh

Position

PhD student of Traditional Persian Medicine at Shiraz University of Medical Science

Other areas of specialty/work**Street address**

A 13,110 Complex, Golsar 7, 11 alley, Mirzaye Shirazi Blvd.

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz university of medical science-Traditional medicine department

Full name of responsible person

Mehdi Pasalar

Position

MD, PhD

Other areas of specialty/work**Street address**

Traditional Medicine Department, 7th floor, School of Medicine, Zand Blvd.

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Web page address

Person responsible for updating data

Contact

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Shiraz University of medical Science-Traditional medicine department

Full name of responsible person

Mohadeseh Ostovar

Position

PhD student of traditional Persian medicine

Other areas of specialty/work**Street address****City**

Shiraz

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Fax**Email****Web page address**

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty

Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty